MOUNTAIN WEATHER INFORMATION SERVICE

Cairngorms NP and Monadhliath

Cairngorms National Park and Monadhliath. Also includes the Ben Alder area hills between Loch Ericht and Loch Laggan.



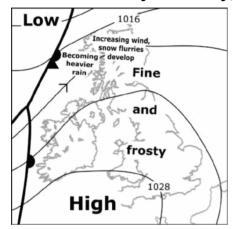
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General Summary for Friday, 21 November, 2025



British Mountain Summary: Based on forecast chart for noon 21 November, 2025

Terrain widely frozen after hard frost; snow cover across much upland terrain, or more substantial to lower slopes northern Highlands. A front moves into Scotland, snow then rain in west, cloud lowering. Elsewhere dry, sunshine weakening. Wind strengthening to gale force Scottish mountains.

Headline for Cairngorms NP and Monadhliath

Wind increasing, becoming upland gales. Snow flurries later.

Detailed Forecast for Friday, 21 November, 2025

How windy? (On the Munros)	West turning southwesterly, strengthening during daytime from 15-25mph early morning to early-mid afternoon 40mph, risk after dark 50mph for a time by dusk. Starting to ease into night.		
Effect of wind on you?	Conditions generally deteriorate, with time more strenuous, risk later difficult on higher mountains, significant wind chill.		
How wet?	Snow flurries moving in from west into afternoon		
(Precipitation and its	Substantial snow cover across the mountains to most lower slopes.		
impact)	Dry morning, largely dry in easternmost areas much of daylight. Snow flurries develop from west into afternoon, locally more persistent for a time near/west of A9. After dark, turning to patchy rain up to some higher slopes.		
Cloud on the hills?	Mostly little, later lowers from west		
	Patchy mist some glens and perhaps corries at first, otherwise hills largely clear, much of the daytime in east. Toward dusk, patchy cloud lowering onto tops from west, more extensive by evening.		
Chance of cloud free Munros?	80% toward dusk dropping to 50%		
Sunshine?	Sun through high cloud in morning becoming weak, then obscured.		
Air clarity (below cloud)	Visibility excellent, reducing if snow develops, possibly locally poor late in day.		
How Cold? (at 900m)	-4C, slow rise, by evening up to 0C. In stronger wind feeling like -15C.		
Freezing Level	Terrain frozen all day to lower slopes, but later in day starting to rise erratically just above freezing point toward some upper slopes.		

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Cairngorms NP and Monadhliath - Looking Ahead

	Saturday 22 November	Sunday 23 November
How windy? (On the Munros) Effect of wind on you?	Westerly 20 to 25mph, occasional 30mph higher tops. May become more variable toward and beyond dusk. Feeling noticeably breezy with marked wind chill; may start to affect ease of walking on higher exposed terrain.	Uncertain forecast detail: Likely easterly in range 25 to 40mph, speed may vary; very gusty in places. Expect blustery to challenging conditions, risk considerable buffeting and wind chill over most mountains.
How wet? (Precipitation and its impact)	Rare brief flurries Often dry, little if any precipitation all day eastern areas, but occasional light showers toward west, falling as snow flurries above around 700m, mostly spots of rain lower slopes.	Rain and hill snow mostly south Risk frequent or more persistent rain, or snow above 700-800m, greatest likelihood toward the south and east of Cairngorms NP, patchier northwestward.
Cloud on the hills?	Lifting variably to higher areas Varied low cloud banks from dawn into morning, becoming mostly confined above 800-1000m, though some lower patches may remain on more southwestern slopes. Breaks best north/east of Cairngorms.	Fairly extensive Shrouding the mountains most or all day, from 600-800m upward in east and southern areas. Higher bases northwest around Strathspey, may lift above 1000m at times.
Chance of cloud free Munros?	30%	20%
Sunshine? Air clarity (below cloud)	Rare glimpses of sun mostly near Glenmore. Misty areas in morning, then visibility mostly good or locally becoming very good below cloud.	Largely cloudy. Visibility good where dry, but risk poor or very poor due to snow or rain.
How Cold? (at 900m) Freezing Level	0 or 1C. Feeling like -8C directly in the wind. 900 to 1000m, though terrain lower down at least partly frozen.	Around 0C. Feeling like -15C if exposed to stronger wind. 800 to 1000m, plus possible frost lower down in the morning.

Planning Outlook

All mountain areas of Britain from Saturday, 22 November, 2025

Changes into the weekend as less cold Atlantic air moves in, but higher mountain terrain at least in Scotland staying frozen with snow cover. A complex area of low pressure circulates over Britain through the weekend, retreating to leave briefly northeasterly winds by Monday; areas of rain and some upland snow, mainly Scotland and high tops in northern England. Winds will vary markedly, some lulls, but risk periods of gales. A brief ridge of high pressure gives a lull by Tuesday, then a shift to milder southwesterlies is likely to bring spells of rain and some thawing to higher levels.

Forecast issued at 16:00 on Thursday, 20 November, 2025

The production of the Scottish forecasts is fully funded by the Scottish Government through Mountaineering Scotland with the support of sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2025.